

A sunset over a beach with a runner silhouette. The sun is low on the horizon, casting a golden glow over the sky and water. A person is running on the beach in the foreground, silhouetted against the bright light. The overall scene is peaceful and inspiring.

Choosing the Right Running Shoe for You

(and other stuff about footwear for runners)

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My first running shoes

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

My first pair of racing shoes



Flip - Flops

They can cause ankle and foot pain. They normally have no support. Avoid them or don't wear them if you are on your feet a lot.



Some Running Shoe Facts

- They last about 400 miles
- They will age and don't forever.
- Good quality running shoes don't have to cost a fortune
- The wrong shoes can hurt you

Aren't most running shoes the same??

- Most major manufacturers have good quality shoes and “other” shoes
- Most quality shoes are designed for specific types or runners
- There are different types of shoes for different environments

A person is running on a beach at sunset. The sun is low on the horizon, creating a bright orange and yellow glow across the sky and reflecting on the water. The runner is silhouetted against the bright light of the sunset.

Most quality running shoes
are designed for specific types
of runners.

- Over - pronators
- Neutral
- Supinators

Other design elements

- Cushioned shoes
- Lightweight ‘trainer’
- Arch support
- Specialty training shoes
- Minimalism

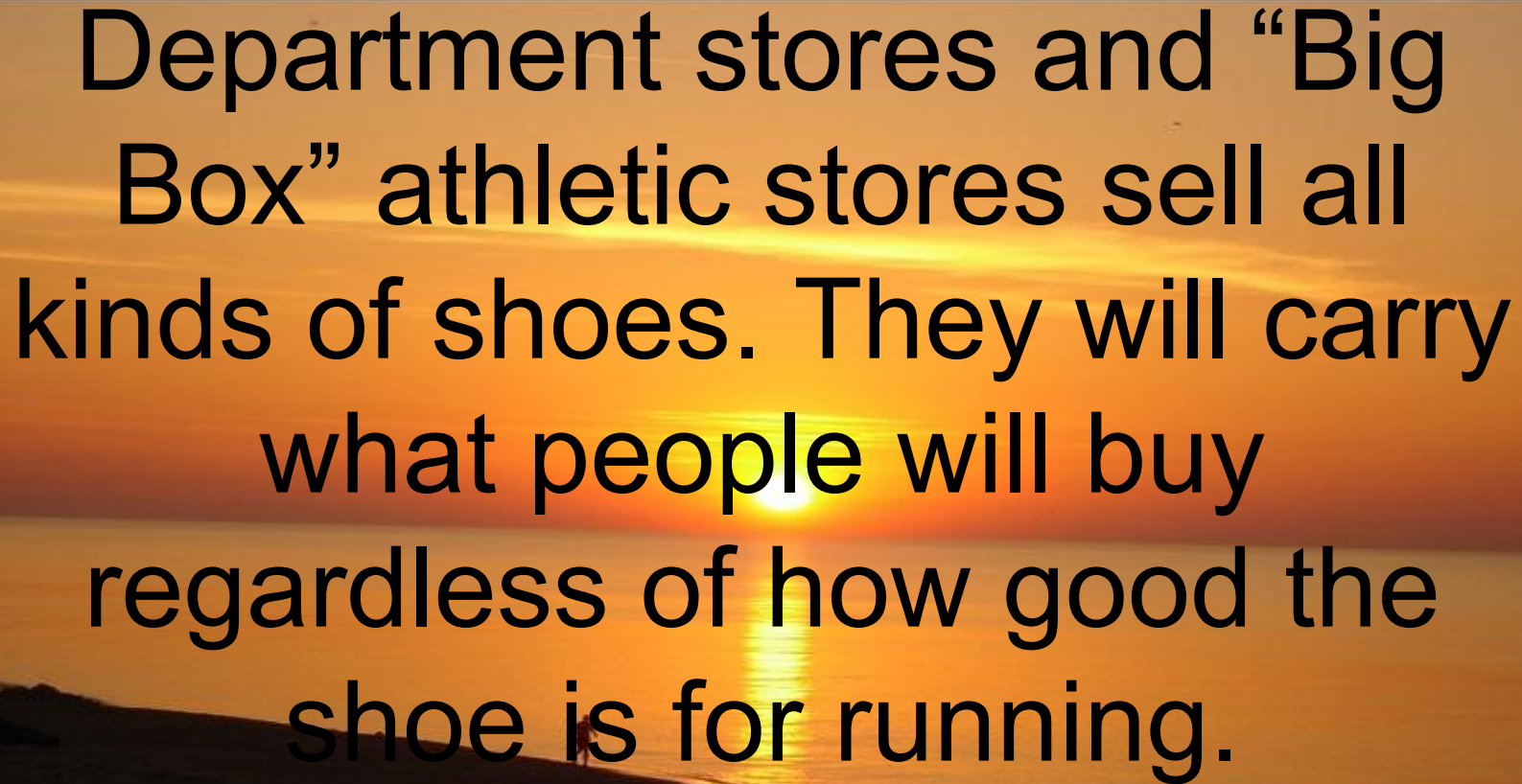


Buying a pair of running shoes
the right way

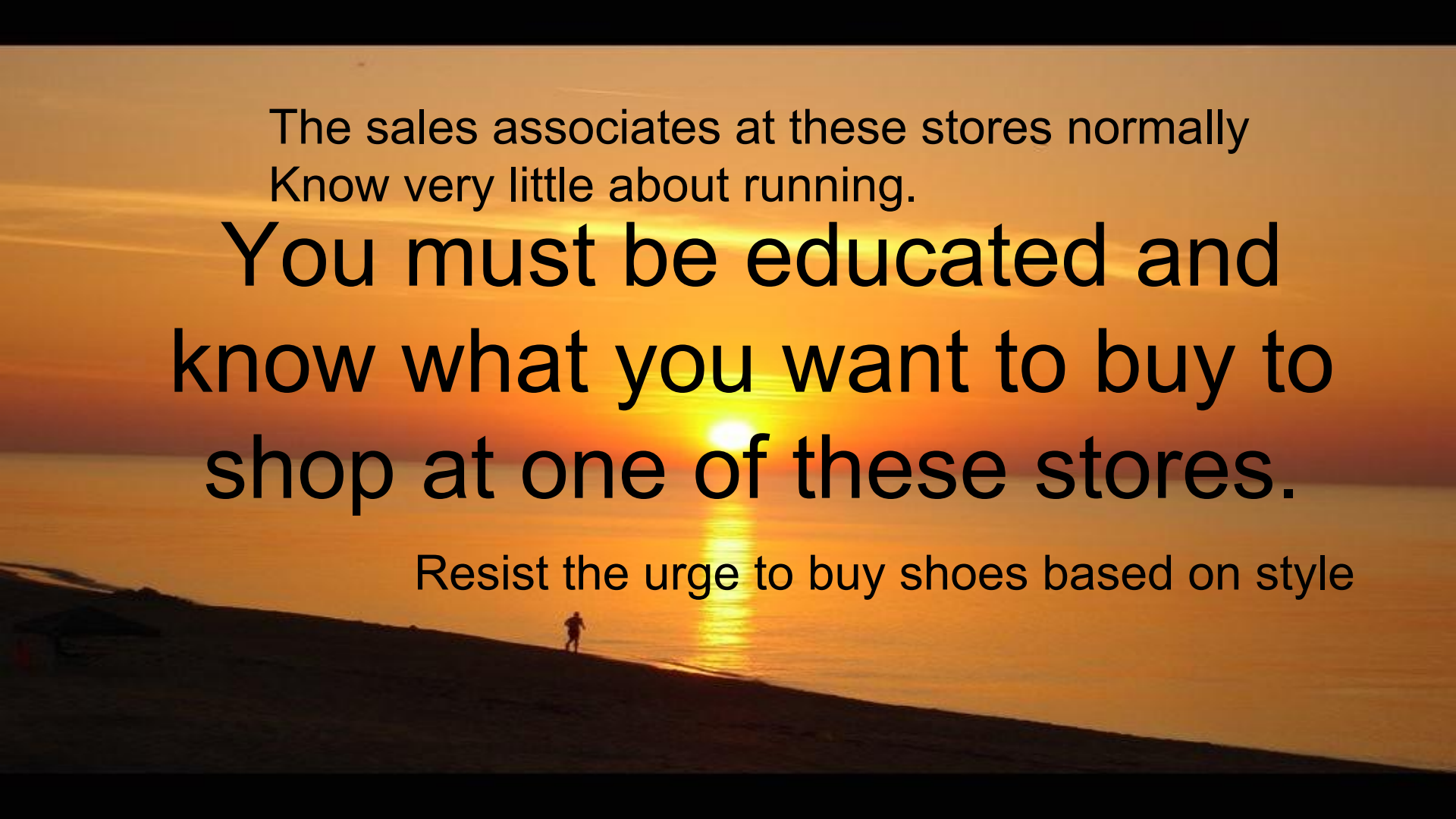


Why a specialty store?

- They know running shoes and styles
- They only carry quality running shoes
- They will let you try on many, many pairs of shoes (they don't make you feel like you are in a hurry)
- You can run in them in the store and on the sidewalk
- Some of these stores will even do an analysis of your running style.
- They are NOT more expensive than the

A sunset over a beach with a person walking on the sand. The sun is low on the horizon, creating a bright orange and yellow glow. The text is overlaid on this background.

Department stores and “Big Box” athletic stores sell all kinds of shoes. They will carry what people will buy regardless of how good the shoe is for running.

A sunset over a beach with a person running on the sand. The sun is low on the horizon, creating a bright orange and yellow glow. The person is a small silhouette on the left side of the frame, running towards the right. The water is visible on the right side, reflecting the sunset colors.

The sales associates at these stores normally
Know very little about running.

**You must be educated and
know what you want to buy to
shop at one of these stores.**

Resist the urge to buy shoes based on style

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If you are unsure what to buy
or what is best for you...

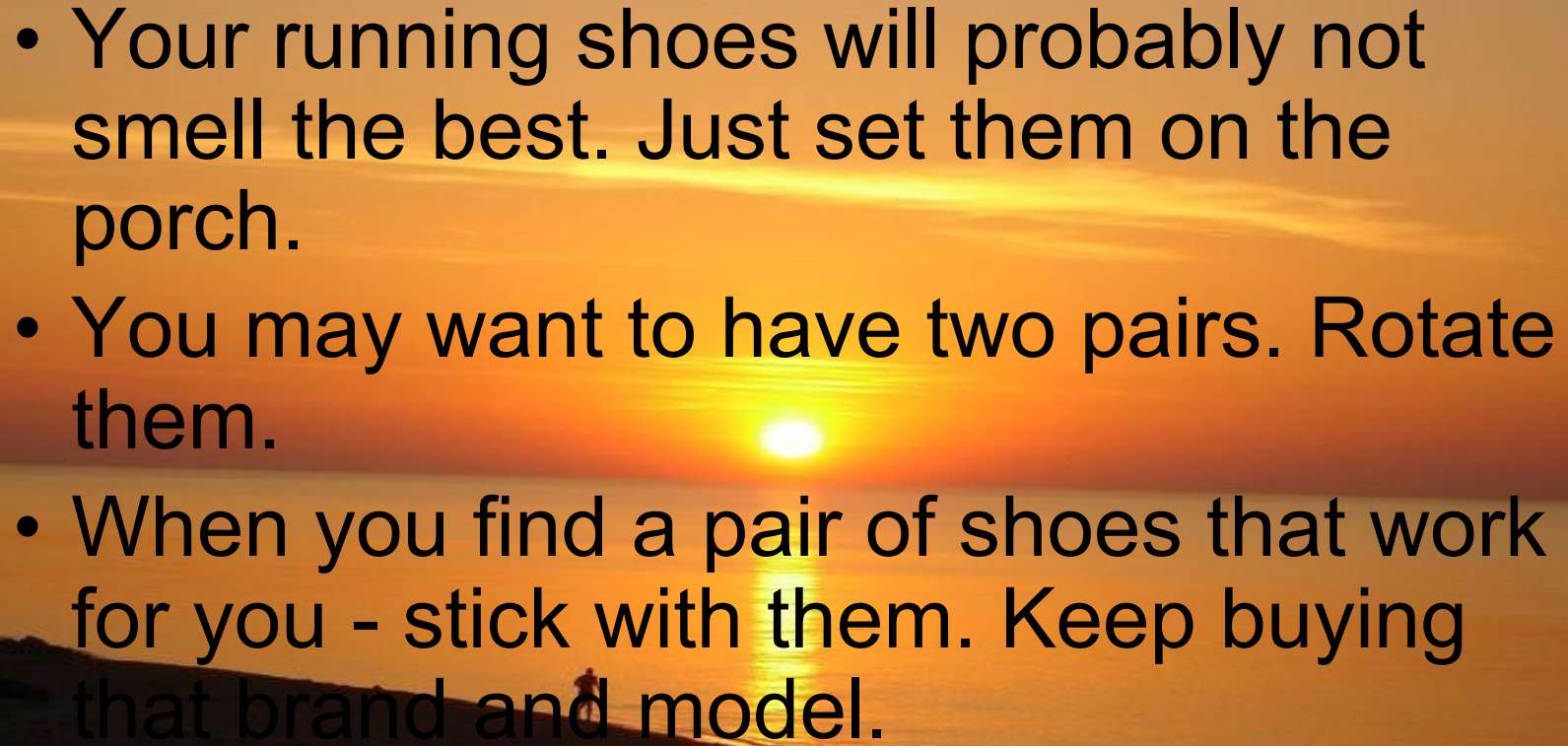
Go to a specialty running store!

Caring for your running shoes

They are going to get dirty. You really can't prevent it.

When they get muddy:

- Don't wash them in the washing machine
- Don't put them in the dryer
- Wipe, brush or knock off the mud
- Unlace them, pull out the liner and let them air dry

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- A sunset over a beach with a person walking in the distance. The sun is low on the horizon, casting a golden glow over the sky and water. The beach is dark in the foreground, and a small figure of a person is visible walking along the shore.
- Your running shoes will probably not smell the best. Just set them on the porch.
 - You may want to have two pairs. Rotate them.
 - When you find a pair of shoes that work for you - stick with them. Keep buying that brand and model.

Racing Shoes

There are two kinds of distance spikes - cross country and track spikes. Cross country spikes are generally heavier and more durable than track spikes. Within the area of track and cross country spikes there are many different groups - middle distance, longer distance, etc.



Track Spikes



The Nike Zoom Victory

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Racing Flats

A sunset over a beach. The sun is low on the horizon, creating a bright orange and yellow glow in the sky. The sun's reflection is visible on the water. A person is walking on the sand in the foreground, silhouetted against the bright light.

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Minimalism

(or I read this cool book and tried out what it said and now I am hurt)



Nike Frees - great idea, they came with instructions. Too many people didn't read them.

You should only try something new under the supervision of your coach. Switching into radically different foot wear and running 20/30/40 + miles per week right away is a great way to get injured.